

EFT Tapping Points



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Tapping Instructions

- Choose a problem to work on (eg stress)
- Rate the level of intensity of the problem on a scale from 0 (least) to 10 (most)
- Optional step for better result: Notice where you feel the problem in your body and what the sensation is there eg achy shoulders, tightness in my stomach etc
- Tap on the side of your hand while repeating the setup statement 3 times eg "Even though I have this stress and tightness in my stomach, I deeply and completely accept myself"
- Tap through each of the points repeating a reminder phrase eg "stress and tightness in my stomach"
- Rate the intensity of the problem on a scale from 0 to 10 again
- If the level has gone down – great, repeat the process to reduce it further
- If the level has gone up, don't worry! It is probably because this problem has been suppressed and is not coming to your conscious awareness.
DON'T STOP TAPPING! Do another round to start bringing the intensity down.
- If the level has stayed the same, bring in more details so for example "Even though I am stressed about making Christmas dinner and I can feel it on the right side of my stomach which feels like a tight knot the size of an orange, I deeply and completely accept myself". If this doesn't help, read this troubleshooting page for more tips: rebrand.ly/troubleshoot
- Keep going until the intensity has gone
- To download a free EFT manual go here: tamaradonn.com/eft-manual/
- For 1-2-1 sessions or EFT workshops go here: tamaradonn.com

Happy Tapping!